

Diabetes Mellitus (AK 35-USDA 343)

Explain to Participant

You're enrolled in the WIC program today because you have a condition called diabetes mellitus. It is very important to eat healthy foods in the correct amounts, when you have this health problem.

Goal

The goal is to control your diabetes and promote good food choices using the American Diabetes Association food guidelines.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Explain the nutrition education material suggested.
Refer participant to a Registered Dietitian (RD).
Eat a variety of foods from all the food groups every day.
Ask your health care provider about exercise.
Drink 8 glasses of water every day.

Nutrition Education Material Suggested

Using the Dietary Guidelines For Americans...for good health

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information